



Beef Kofta Recipe

Preparation Time	10
Cooking Time	55
Serving Size	6

Ingredients:

- 500 g beef, ground
- 1/2 cup onion, chopped
- 2 clove garlic, chopped
- 1 pack DEL MONTE Quick 'n Easy Curry Mix (40g)
- 1/4 cup parsley, chopped

Preparation:

1. Mix all the ingredients in a bowl and allow to stand for 30 minutes.
2. Form into balls.
3. Grill.
4. Serve with grilled tomato and buttered steamed rice.

Chef's Tip

Kofta is a Middle Eastern type of meatball usually made of ground beef, chicken, pork or lamb with added spices. Use ground meat that has a bit of fat to keep the meatballs moist when grilling.

Lusog Notes

This dish is a source of iron and niacin. Iron is needed to make red blood cells that carries oxygen around the body while niacin promotes normal digestion and healthy skin.

Cooking Skills Needed

- Grilling
- Mixing

Cooking Tools

- Pot
- Chopping Board
- Grill Pan